

Do you want to achieve and maintain a healthy weight, reduce your risk of chronic disease, and live a healthier lifestyle?

Eat Healthy

Information, Handouts, Demonstrations, Food samplings & Fitness Weekly!

- o Enjoy Healthy Food that Tastes Great
- o Quick, Healthy Meals and Snacks
- o Eating Healthy on a Budget
- o Tips for Losing Weight and Keeping It Off
- o Making Healthy Eating Part of Your Total Lifestyle
- o Physical Activity is Key to Living Well

Be Active

Thursday Thursday Tuesday Tuesday Dec. 13, 2012 – Jan. 17, 2013 Jan. 24 – Feb. 28, 2013 March 5-April 9, 2013 April 16 – May 21, 2013

9- 10am 1 - 2pm 4 - 5 pm 10-11am Emmitsburg Senior Center Brunswick Senior Center Urbana Senior Center Frederick Senior Center

Frederick County Department of Aging

Your Maryland Access Point
1440 Taney Avenue
Frederick, MD 21702
301.600.1605 for information or registration
\$10 per person includes class materials and samples

